

Reconstructive Foot & Ankle Institute, LLC
 Daniel D. Michaels, DPM, MS, FACFAS & Associates
www.rfainstitute.com

DIABETIC FOOT CARE:

<p>Check your feet every day -Look at the bottom and between your toes -Look for cuts calluses scratches blisters</p>	<p>Wash your feet every day -Use elbow to check water temperature -Wash gently -Pad dry between toes</p>
<p>Apply lotion daily -Don't apply between toes</p>	<p>Use foot powder -Rub off excess powder</p>
<p>Nail care after bathing -Nails softer after bathing -Cut toenails straight across -Don't cut nails shorter than end of toe</p>	<p>Wear shoes that fit well -Feet may not feel pain from poor fitting shoes -Break in new shoes slowly -Check feet often when wearing new shoes</p>
<p>Don't cut off dead skin -Don't use corn pads -Don't use wart removal pads -Don't perform bathroom surgery -Seek professional help if you have a skin problem</p>	<p>Wear synthetic socks -They will keep your feet dry -Make sure they fit well -The wick away moisture better than cotton</p>
<p>Wear shoes at all times -You need to protect your feet even in the house and especially in the basement</p>	<p>Avoid Crossing your legs -This decreases blood flow to your feet and can cause varicose and spider veins</p>
<p>Take off your shoes, both -Your doctor should check both feet every time you see him if you have diabetes</p>	<p>Cuts or Sores -You should call your doctor immediately if you notice a sore on your foot</p>
<p>Don't place feet near heaters -Burns can occur -If feet are cold wear socks</p>	<p>Shoe fitting -Try on shoes later in the day because your feet swell during the day</p>